

PEOPLE

Selby completes internship at police department

BLOOMFIELD—Criminal justice majors at Bloomfield College, a senior at Bloomfield College, but it was her internship experience at the Bloomfield Police Department that broadened her awareness of the field.

"I learned so much this past semester about the different ways the police help the community," she said. Selby is one of 13 Bloomfield College students who enrolled in the College's criminal justice internship program this past semester and among the seven who worked at the Bloomfield Police Department.

According to Glenn Beekman, coordinator of the College's Criminal Justice Program, most students majoring in criminal justice must participate in an internship, where they are required to perform 91 hours of volunteer service in a criminal justice agency. The students also attend classes and write and present reports.



Rockelle Selby

As an intern, Selby studied state and national policies and crime analysis and reviewed local statistics in looking for patterns of crime. She also learned how to prepare uniform crime reports, and on occasion went on road trips with officers.

O'Keeffe named Deputy County Clerk



PLAINFIELD—Paul J. O'Keeffe of Plainfield has been named the new Deputy County Clerk of Union County. O'Keeffe recently served two years as the Mayor of Plainfield and has a wealth of business experience in the Mortgage industry. County Clerk, Walter Halpin, indicates that O'Keeffe brings to the office a broad wealth of talent as an administrator as well as a hands-on motivator, already showing a dedicated interest in the statutory duties handled by County Clerk offices.

Students recommend changes in city's departments

NEWARK—Rutgers students studying the "Business and Glenn

Grant, Business Administrator for the City of Newark, Strategy" course

under the tutelage of Professor Glenn Grant, recently presented recommendations regarding some of the city's departments to Glenn Grant, Business Administrator for the City of Newark. The students, undergraduate seniors of the Rutgers-Newark School of Management, have spent the spring semester consulting with administrators in the divisions of Community Health, Neighborhood Services, Parks and Grounds, and Preservation. They presented their recommendations to increase efficiency and effectiveness within the divisions of Community Health, Neighborhood Services, Parks and Grounds, and Preservation.



(From left) Glenn Grant, Professor of Law, and Dean George Benson of the Faculty of Management.


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Friends, we urge you to see that person. He is gifted from God. He will remove all bad luck and evil spells. Are you sick? Loss of loved ones? Are you having financial difficulties? He will help you. He is the man who will remove it. Call out your enemies by name. Do not tell him, let him tell you about your problems. FREE READING BY PHONE. Read phone 10:17 and then call Reverend Johnson.

(908) 738-6553

Community Calendar

MAY 19, 1995
NEWARK—"Newark Seminar '95" conference (an anti-auto theft, insurance and consumer conclave) at the Newark Hilton Hotel. For more info call 201-675-9624.

EAST BRUNSWICK—"Images: Women Facing Today's Issues" all-day wellness conference at the Brunswick Hills & Towers. For more info call 908-294-7100.

NEWARK—Malcolm X Commemoration at the Robert Treat Hotel at 6 p.m. For more info call 201-643-7711.

EAST ORANGE—"Pop's Night Under the Stars" third annual car show to be held at Smitty's Mobil Service Station. For more info call 201-675-9624.

SUNDAY, MAY 21
NEW YORK—Eighteen "DanceAfrica" festival featuring live dance performances, a bazaar and classes at Brooklyn Academy of Music. For more info call 718-636-1000.

MAY 19-21
NEW YORK—African-Brides International Cultural Show at the Hilton Gateway at 1:30 p.m. For more info call 201-242-8199 or 908-249-6364.

Come, Enjoy The Show

McDonald's® GospelFest® Gala Event

Saturday, June 17th, 8 p.m.

Avery Fisher Hall, Lincoln Center. Tickets now available.

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Announcing the Gala Celebration of the 11th Annual McDonald's GospelFest. Enjoy an inspirational evening filled with soul-stirring performances by the Tri-State's finest gospel groups and choirs.

- Hosted by recording stars and past GospelFest winners, the Jenkins Brothers.
- Tickets: \$18.50 and \$36. Available at Avery Fisher Hall Box Office. For information, call 212-875-5030. Or call "Center Charge" at 212-721-6500.
- McDonald's owners will raise funds for GospelFest Fellowship Awards for student scholarships.

GOSPELFEST '95

**It's Our Community Song.
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KISS FM

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NATION

House

Continued from page 1

National News at a glance

FOSTER'S CONFIRMATION CHANCES INCREASES AFTER HEARING

At a recent confirmation hearing before the Senate Labor and Human Resources Committee, the 61-year-old African-American postmaster general from New Orleans said he had come to "see the record straight" about "who I am and what I stand for." Senate watchers say Foster successfully disputed published accounts and other documents used by some GOP senators to challenge his credibility. His prospects of winning endorsement from the committee seemed greatly enhanced with sympathetic statements from two Republicans who were once regarded as undecided voters. His confirmation nomination now has credibility because of conflicting statements from Foster and administrative officials about the number of abortions he performed. The U.S. Surgeon-General oversees a staff of six and budget of \$850,000.

CONGRESSMAN HIT WITH NEW CHARGES IN SEX-ABUSE CASE

Prosecutors have disclosed new obstruction-of-justice charges against second-term Chicago Congressman Mel Reynolds, claiming he engineered false statements by three potential witnesses in his upcoming sex-abuse trial. Reynolds, 43, was charged last year with having sex with an underage campaign volunteer, Beverly Heard, during his first successful Congressional campaign, and with obstructing investigation in the case. Heard recanted her testimony in court and now contends she doesn't want to testify at the trial. The new incidents accuse Reynolds of an elaborate scheme to derail the sex-abuse case. The new charges accuse Reynolds of preparing affidavits for Heard and her lesbian lover. The affidavits contend that Heard was coerced by police into having a tape-recorded phone conversation with Reynolds that included discussions of alleged past sexual encounters. He is accused with paying \$400 to a second woman, Stephanie Adams, in return for her agreement to recant accusations that she had sex with Reynolds when she was 16. He is also accused of ordering an aide to create false affidavits in the case.

"PANTHER" BECOMING A BIG MOVIE AND SOCIAL HIT

Blaxx film stars Mario and Melvin Van Peebles have attempted to set the record straight in "Panther," with needed focus on the social side of the Black Panthers' efforts to help the poor and uplift communities. The movie has made quite a hit among black moviegoers, but is only being shown in less than 500 theaters across the country, as opposed to regular Hollywood hits that are booked in thousands of movie houses.

BLACK EXPO'S BUSINESS TRADE ASSOCIATION

The Black Expo USA has formed a membership network for African-American entrepreneurs who wish to participate year-round. The National Black Business Trade Association (NBBA) is a non-profit arm of Black Expo USA and has as its goal, "to further strengthen the black community by strengthening black businesses." Call 202-371-1000, and ask for ext. 101 to obtain applications and/or information.

THOMAS MOORE NAMED COMMISSIONER OF U.S. CONSUMER PRODUCT SAFETY

Thomas Hill Moore has been sworn in as Commissioner of the U.S. Consumer Product Safety Com-

workers, in building a 21st century infrastructure, in rebuilding our cities and putting people to work—while sticking the next generation with the bill for the damage—the increase in the sick, the weak, the illiterate, the despairing, the violent and the lost. Bubba-Gump Shrimp would have caught hell purchasing their first shrimp boat under this budget.

Some specifics from the conser-

vative *Wall Street Journal*:

- The elderly will pay as much as \$900 a year more for health care.
- Job training programs will be slashed by 259 percent or more.
- College students will pay thousands more in interest for loans.
- Scholarships for the needy will be cut 10 percent.
- More homeless will camp on our streets, as a billion dollars are

from programs to house the elderly and disabled.

- Fewer poor children will get nutritional support.
- Fewer poor people will get food stamps.
- Public libraries will close.
- The working poor will pay more taxes while the affluent pay less.
- The fight over these budget plans will say much about the direction

this country over the next decade. The fight begins now in the House and Senate Budget Committees, and will culminate in the 1996 elections when Americans must decide whether to stay on a conservative course.

It is time to act! Call your legislator and House Budget Chair John Kasich and Senate Budget Chair Peter Dominici and register your opposition to balancing the budget on the

backs of the poor, the elderly and the weak.

Forrest Gump said that life is like a box of chocolates. When you open it you never know what you are going to get. The House Budget is unlike a box of chocolates. When you open it now you do know what you are going to get—robbed. Forrest Gump was right: "Stupid is as stupid does"—if Congress passes it.

IMPORTANT NOTICE OF PROPOSED SETTLEMENT OF CLASS ACTION AND FAIRNESS HEARING

UNITED STATES DISTRICT COURT FOR THE SOUTHERN DIVISION
OF MISSISSIPPI JACKSON

LORENE NEALY, et al. vs. Woodmen of the World Life Insurance Society

NO. 3:93-CV-536 BN

AFRICAN-AMERICAN CERTIFICATE HOLDERS OF WOODMEN OF THE WORLD/OMAHA WOODMEN LIFE INSURANCE SOCIETY

TO: ALL AFRICAN-AMERICAN/BLACK PERSONS WHO WERE ISSUED INSURANCE BY WOODMEN OF THE WORLD/OMAHA WOODMEN LIFE INSURANCE SOCIETY, PAID WOODMEN INSURANCE PREMIUMS, AND/OR PAID LOGUE DUES TO WOODMEN ON OR BEFORE APRIL 30, 1993.

PLEASE READ THIS NOTICE CAREFULLY SINCE IT MAY AFFECT YOUR LEGAL RIGHTS. YOU MAY BE ENTITLED TO SHARE IN THE BENEFITS OF THIS PROPOSED SETTLEMENT. THIS NOTICE TELLS YOU HOW TO OPT-IN BY CHOOSING TO RECEIVE THE GENERAL DESCRIPTION OF THE PROPOSED SETTLEMENT AND YOUR LEGAL RIGHTS.

ALL SETTLING CLASS MEMBERS WHO DO NOT TIMELY EXCLUDE THEMSELVES FROM THE LAWSUIT WILL BE BOUND BY THE PROPOSED SETTLEMENT IF IT IS APPROVED BY THE COURT. FOR MORE INFORMATION CALL 1-800-927-2867.

This notice is given pursuant to an Order of the United States District Court for the Southern Division of Mississippi, Jackson Division ("Court"), dated April 28, 1995, conditionally granting class certification to a proposed class action on behalf of the Settling Class Members as defined above.

On August 1, 1995, the Court will hold a Preliminary Hearing at the United States Courthouse, 100 North Taylor Street, Jackson, Mississippi, (the "Preliminary Hearing"). To the Court determine whether the Proposed Settlement is fair, reasonable and adequate, and to allow the Court to thereafter finally approve the Settlement, the Court will conduct a final hearing on the Settlement Agreement and dismiss with prejudice the action against Woodmen. The Court will also provide the Court the names of all Settling Class Members and the amounts of premiums and fees paid with respect to the action against Woodmen.

Woodmen denies any wrongdoing or liability with respect to the individuals in the Settlement. The Court will also provide the Court the names of all Settling Class Members and the amounts of premiums and fees paid with respect to the action against Woodmen.

Woodmen denies all allegations of the Complaint, as amended, and has asserted affirmative legal defenses. The fact that Woodmen has asserted affirmative legal defenses does not mean that the Class Representatives would have brought the same defense to the trial. The Court has no knowledge of the defense that Woodmen would have afforded to white certificate holders of Woodmen.

The Complaint also alleges that Woodmen committed fraud and violated consumer protection laws from its African-American life insurance policies.

DESCRIPTION OF THE CLASS ACTION

A. DEFINITION OF THE CLASS

For purposes of settlement only, the Court has conditionally granted a class action against Woodmen of the World/ Omaha Woodmen Life Insurance Society ("Woodmen") on behalf of the class defined as "all African-American/black persons who were issued insurance by Woodmen, paid Woodmen insurance premiums, and/or paid Woodmen Logue Dues to Woodmen on or before April 30, 1993, to any life policy which has been issued or has suffered damages as a result of Woodmen's allegedly discriminatory practices or policies."

B. THE NATURE OF THE ACTION

In the Complaint, a class action was filed in the United States District Court for the Southern Division of Mississippi against Woodmen. The class action plaintiffs ("Class Representatives"), Lorene Nealy and Pauline Mathews, initially sought to file a class action on behalf of all African-American/black persons who were issued insurance by Woodmen and who had been denied coverage or had suffered damages as a result of Woodmen's allegedly discriminatory practices or policies.

C. RELATED ACTIONS AND SIMILAR CLAIMS

Several other lawsuits against Woodmen in state courts in Mississippi and Alabama ("State Court Actions"), which actions arose out of the similar factual circumstances as the class action, have been filed for law suit as well as racial discrimination. These State Court actions were filed on behalf of certain individual plaintiffs who were represented by the same attorneys as those who were represented by the Class Representatives in the Court Action, as well as settlements of similar claims by certain other individuals represented by Class Counsel who had not yet settled, were negotiated by Class Counsel in the negotiations of the class action. In conjunction with the negotiation of the settlement of the class action and the State Court Actions, Woodmen and a portion of the Class Counsel have agreed to settle the class action and separate settlements of several other actions against Woodmen in which the plaintiffs alleged unlawful treatment by Woodmen, as well as the basis of race. Upon request, the Court can furnish additional information regarding these settlements.

D. SETTLEMENT NEGOTIATIONS AND THE POSITION OF THE PARTIES

All of the parties to the settlement negotiations conducted by Class Counsel and Woodmen at arm's length and in good faith. The Class Representatives contend that all claims brought by them in the Action have merit. Nevertheless, the Class Representatives and Class Counsel have taken into account the uncertainty and the risk of the outcome of any litigation, especially complex litigation such as this, and the potential costs of litigating the case to a final decision, and the economic benefits in Class Members made available through prompt implementation of the Settlement Agreement as explained below. Subject to the approval of the Court, the parties to the Settlement, including the Civil Procedure, the Class Representatives and Class Counsel believe that the terms of the settlement will provide substantial benefits to the Settling Class Members and the Class Counsel, and will resolve the disputes relating to the class action in a timely, fair, reasonable, expeditious, and in the best interests of the Class Members.

Woodmen, while continuing to deny all allegations of wrongdoing or liability with respect to the individuals in the Settlement, desires to settle and terminate all claims as fairly as possible, without in any way admitting to guilt or liability. Woodmen is willing to pay up to \$1,000,000 to fund the purchase of paid-up whole life insurance ("Paid-Up Insurance Fund"). This insurance will be provided to each Settling Class Member at a rate of \$10 per \$1,000 of face amount, for a maximum of \$10,000 per Settling Class Member, for a period of 10 years, starting April 30, 1995, for each month that dues were paid to Woodmen for members of Woodmen's basic life and fraternal system and for the benefit associated with the proposed Settlement.

E. SETTLEMENT CLASS MEMBERSHIP

The Proposed Settlement also provides that Woodmen will pay \$1,000,000 to fund the purchase of paid-up whole life insurance ("Paid-Up Insurance Fund"). This insurance will be provided to each Settling Class Member at a rate of \$10 per \$1,000 of face amount, for a maximum of \$10,000 per Settling Class Member, for a period of 10 years, starting April 30, 1995, for each month that dues were paid to Woodmen for members of Woodmen's basic life and fraternal system and for the benefit associated with the proposed Settlement.

F. PAID-UP INSURANCE

The Proposed Settlement also provides that Woodmen will pay \$1,000,000 to fund the purchase of paid-up whole life insurance ("Paid-Up Insurance Fund"). This insurance will be provided to each Settling Class Member at a rate of \$10 per \$1,000 of face amount, for a maximum of \$10,000 per Settling Class Member, for a period of 10 years, starting April 30, 1995, for each month that dues were paid to Woodmen for members of Woodmen's basic life and fraternal system and for the benefit associated with the proposed Settlement.

G. OTHER BENEFITS TO THE CLASS

In addition, Woodmen will establish a fund for the enhancement and improvement of an Equal Access Plan in the Southern Division of Mississippi for the next five years. This fund is intended for use in hiring staff, developing training, conducting surveys, training Woodmen associates and legal offices in order to enhance the implementation of Woodmen's Equal Access Policy throughout its basic life and fraternal system. Determination of how these funds will best

be used to further their intended purpose, subject to the Court's supervision, will be made by Woodmen with the advice of Class Counsel and the assistance of the Woodmen's Class Counsel and Woodmen Class Counsel which will make use of the information and investigation they have expended in bringing the Case.

Woodmen has also agreed to contribute \$25,000 per year for a five-year period (in an amount of \$50,000 per year) to enhance and improve its youth programs. This contribution is intended to assist Woodmen in its efforts to encourage participation in Woodmen's youth programs by African-American youths who are Woodmen certificate holders. Determination of how these funds will be used to further the intended purpose will be made in the same manner as the determination on use of the funds for the enhancement and improvement of Woodmen's Equal Access Plan.

In addition, Woodmen will also distribute to the United Negro College Fund: (1) any amount necessary to satisfy the class Settlement Fund (after distribution to the Settling Class Members, any awards of attorney's fees and expenses, and payment of costs, fees, and expenses incurred in calculating, administering and distributing Settlement benefits), and (2) any amount necessary to satisfy the class Settlement Fund after payment of attorney's fees and expenses, and payment of costs, fees, and expenses incurred in calculating, administering and distributing Settlement benefits, and (3) any amount necessary to satisfy the class Settlement Fund after payment of attorney's fees and expenses, and payment of costs, fees, and expenses incurred in calculating, administering and distributing Settlement benefits, and (4) any amount necessary to satisfy the class Settlement Fund after payment of attorney's fees and expenses, and payment of costs, fees, and expenses incurred in calculating, 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YOUTH BEAT

KIDS CALENDAR

DAV CAMPS
PLAINFIELD—Day camps for youth with developmental disabilities. For more info contact The Arc of Union County at 905-754-5259.

WATCHUNG—Minicamp for Children at the Watchung Arts on Wednesdays and Thursdays in July and August. For more info call 908-753-0190.

MORRISTOWN—Summer classes will be held at Morristown Beard School from June to August for grades 5 thru 12. For a brochure or more info call 201-595-9000.

CRAVENFORD—Eight Summer Sports Camps for youth 8 to 15 sponsored by Union County College and Union County Div. of Parks and Rec. For more info call 908-709-7802.

PLAINFIELD—"Summerfest" day camp for Plainfield girls in grades 1 to 5. For more info call 908-232-3236.

NEWARK—"Summer Day Camp" Mondays-Fridays July 3 thru August 25 from 8 a.m. to 5 p.m. For more info call 201-733-6454.

NOW THRU JUNE 3
NEWARK—"Camp Watershed," overnight camping program on Saturdays and Sundays. For more info call 201-733-6454.

BEGINNING APRIL 29
BROOKLYN—"Fish that Go Zap" at the Aquarium for Water Conservation. For more info call 718-265-FISH.

Applications accepted at High School Redirection

NEWARK—it's never too late for a high school drop-out to earn his or her diploma. In fact, those living in Newark have until May 31 to apply for enrollment at High School Redirection, an innovative, alternative education program for young adults 16 to 21 years old.

Lobby of 13th Avenue High School Redirection is fully funded and accredited by the Newark Board of Education. The school offers a full program of study leading to a high school diploma.

On-site child care is available for a limited number of young parents pursuing their studies at Redirection.

The school's curriculum consists of academic courses required by the New Jersey Department of Education and the Newark Board of Education. In addition, various electives, such as computer skills, are offered.

A feature of the school's curriculum is a point system that replaces the traditional alphabet grading system, minimizing the "F" for failure threat that often prevents students from succeeding in traditional settings. To obtain an enrollment application for Newark High School Redirection, call 201-733-0677/068.

Garden State Ballet School holds summer scholarship tryouts

NEWARK—The Garden State Ballet has announced Summer Scholarship tryouts for boys and girls ages 7 to 12 years. Tryouts will be held on Sunday, May 27 and Saturday, June 3. Children who are selected will enter a three week introductory program featuring free instruction in ballet and jazz.

The introductory program is open to children who have not had any previous dance training. Annually over 100 youngsters participate in the introductory programs, held in the Fall, Spring and Summer.

At the conclusion of the Introductory Program, students who demonstrate interest and ability will be eligible to continue their training under partial or full scholarship assistance.

The school's scholarship program is supported by grants from the Geraldine R. Dodge and Victoria Foundations and contributions from major corporations.

The school also offers classes for youngsters starting at age four. Class schedules are available on request. For more info, call 201-623-1033.

Jackson accepted into NJIT Honors College



NEWARK—Jas Bianco-Jackson of East Orange and her grandfather, Jay Jackson, (l) are met by Gay Thomas, provost of New Jersey Institute of Technology, at the public research university's Vincent Albert Doerman Honors College Branch. Jackson, a senior at Clifford J. Scott High School plans to pursue a bachelor's degree in engineering. She has been accepted into the Honors College at NJIT.

A time capsule for Newark?

NEWARK—"Our Time Capsule of the 20th Century," an improvised and spontaneous pageant performed in two sessions by over 200 students, elders, teachers, musicians, educators, theater specialists, and dignitaries, will be held at Newark Public Library, Centennial Room, 5 Washington Street, on Wednesday, May 24.

The event, scheduled for 11 a.m. to 12:30 p.m. and 1 to 2:30 p.m. celebrates the completion of intergenerational workshops by the Youth and Elders InterAct Respect for Diversity program. The eight foot time capsule, cre-

I Wish, I Dream

Group Poem by Louise A. Spencer students

I hope for the end of senseless killing
That poor people are not on the street
That my aunt didn't pass away
That I could be in every carton in the world
And have all the Sega equipment.
I wish there were no guns
I wish everybody could be drug free
That when I grow up hope I can drive a Lexus
I wish I could grow up to be a rapper,
I wish there were no violence in the world
That I could live and go to heaven.
I hope my learning
survived a century of change," says Dr. Roslyn Wilder, director of Encourum Arts, Inc., "youth can create positive visions for their future."

Fortress

Continued from page 4

striiction of the number of doors the public and lobbyists could use to enter back in 1983.

But now, as the dust from the Alfred P. Murrah Federal Building in Oklahoma City be-

gins to clear, it's becoming clear that the "fortress mentality" for protecting federal installations will soon apply to all parts of Washington, except the still dangerous neighborhoods, that is.

America

Continued from page 1

acceptance. For they realized that evil does not defeat evil, only good can defeat evil and one cannot allow hatred to destroy them in the manner in which the perpetrators had no doubt become.

Melvin J. Williams, the publisher

of the Macon Courier, visited the Oklahoma City area and experienced first hand the devastation. This article resulted from interviews with family members of some of the victims and his participation in two church services, one service with a predominantly white audience and one service with an all-black audience. The tragedy, the hopes and fears of many from Oklahoma were shared directly and left a lasting impression on him.



We have the affordable mortgage you need

If you think you can't afford to buy a home, ask us about reduced interest rates and low down payments for low- and moderate-income families! We can tailor your loan to fit your needs, thanks to flexible guidelines provided by the Affordable Housing Mortgage Program.

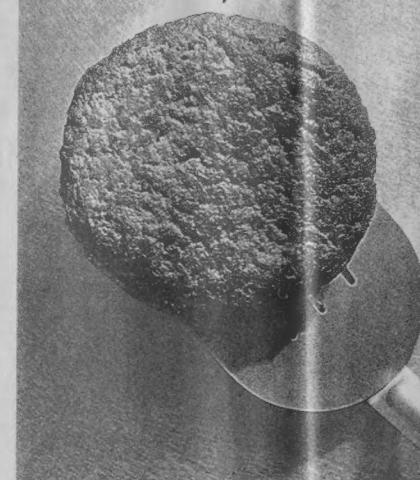
- Interest rates up to 1.5% below market
- No points
- Down payments as low as 3%
- All or most of closing costs may be paid by the seller
- Call our Community Housing Line to see if you're eligible at 1-800-832-9045

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Service. We didn't invent it. We're just trying to perfect it.

MIDLANTIC is a registered service mark of Midlantic Corporation. Member FDIC. Equal Opportunity Lender. On single-family loans or approved condominiums. Example: If you borrow \$100,000 at an APR of 8%, your monthly principal and interest payment would be \$755.76.

Check out the flip side of flippin' burgers



At McDonald's, we're flippin' the script on what you

think about flippin' burgers. McDonald's crew members have lots of opportunities for career advancement and growth. More than 60% of McDonald's restaurant managers and more than a third of McDonald's restaurant owners began as crew members. And McDonald's devotes millions of dollars to ongoing employee training. But the most important thing is, this training equips crew members with a variety of job skills that can be used at McDonald's, or anywhere else.



Have you had your break today?

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Turn your rent into a mortgage.

Now's the time to make the dream of owning your own home a reality with a Chemical Affordable Mortgage loan. Chemical makes owning your first home so affordable you may even be able to cover your mortgage payments with what you're presently paying in rent. And Chemical makes it all possible with as little as 5% down, reduced up-front costs and flexible qualifying guidelines.

Call one of our local mortgage specialists at (609) 520-3478. Take advantage of this great opportunity to make the dream of owning your own home a reality.



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Chemical Bank New Jersey

This offer is available to individuals financing owner-occupied, 1-2 family homes. Maximum income caps apply. Other restrictions apply. Loans subject to credit approval. Offer only available at Chemical Bank New Jersey.

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EQUAL HOUSING OPPORTUNITY LENDER

Cirrus

A well engineered dream

We cruised for a while, getting to know each other.
Hugging as we curved, feeling nothing could get
in our way, a smooth experience is what I
knew was ahead. Destination...forever in a day.
They said my head has always been in the clouds -
my favorite has always been Cirrus. It's silver lining is
left on my soul, right where it belongs.



In a Cirrus, I float. In a Cirrus, I effortlessly glide through and beyond.



CabForward Architecture • Nimble Sports Sedan • 24-Valve Engine • Dual Air-Bags* • Modified Double Wishbone Suspension • A Superior Value Starting at \$17,970** including destination charge.

It's Not Just A Step Above. It's The New Plateau.

*Always Wear Your Seat Belt. **Base V-6 MSRP. U.S. Model Shown. \$19,900. Tax Exempt.

Plainfield increases quality of life'

PLAINFIELD—In September of 1994, in an effort to improve the quality of life for Plainfield citizens, the office of Union County prosecutor Andrew K. Ruotolo Jr., in conjunction with the Union County Sheriff's office, the Union County Police and the Plainfield Police Division Narcotics Bureau commenced an initiative to disrupt the Open-Air drug markets of the city.

One goal of the initiative was to discourage out-of-town buyers from

traveling to the city in order to purchase drugs.

During sixty-one operational days since September, the quality of Life Task Force has made 404 arrests in and around the open-air drug markets.

Ninety of those arrests were out-of-town drug buyers who were caught by police utilizing reverse-siting techniques in which undercover police officers posed as drug dealers.

MARCHING FOR JESUS

PATERSON—Millions of Christians of all denominations will celebrate their faith on the streets of the world in the 1995 "March for Jesus."

This year, on Saturday, May 27 marches will be held in more than 500 U.S. cities, and hundreds of other cities around the world.

The first Global March for Jesus was held in June 1994 with 10 million participants in 178 nations around the world. In the United States, 1.5 million people in 350 cities participated in the march.

"The March is not a protest and there is no political agenda," said Tom Pelton, National Director of March for Jesus USA. "Churches in cities come together simply to express their unity and common faith."

This year's theme, "Together for

the Gospel," emphasizes bringing together all churches to work together to spread the message of reaching the Gospel to all people. A special music production, "Together for the Gospel," has been specifically prepared for the March.

"We're getting ready for the celebration of a millennium," said Pelton. "The world is preparing to celebrate the year 2000, and since it is actually Jesus' birthday, the church should be ready to lead the celebration." he added.

The organization is also planning marches each year through the year 2000. Beginning in 1996, organizers have decided that the March will be an annual event scheduled on Pentecost weekend.

Civic association holds scholarship dinner

ORANGE—On Monday, May 22 the "Mims Hackett Civic Association" will sponsor its sixth Scholarship Recognition Awards and Dinner at the Peppermint Entertainment Complex in Orange.

Four Orange residents will be

honored for their dedicated service and outstanding achievements. The recipients are: Nathaniel Coleman, Hubert C. Walker, Donald Codrey, Woon Chung and Elder Rosa Green. For additional information please call 201-678-9271.

As I see...

Continued from page 4

spent in the restoration of the house and grounds. Through the years it has become a showcase of human restoration as well as established programs for trainees seeking new careers, senior citizens and a thriving day care center for children.

The Center is one of the few agencies in Newark that hold annual observances for ethnicities of all varieties, including an annual Martin Luther King, Jr. Day, Puerto Rican History Day, Irish Patriot Day, etc., etc.

At the invitation of any event held at the Center is like a coming performance with Mr. and Mrs. Adubato, Sr., as the gentle host and hostess. Next week they will be honoring Newark city councilwoman Mildred Crump and entrepreneur James Felton at an event highlighting the life and times of Martin Luther King, Jr.

In defense of his residence at 400 Clifton Ave., Adubato says the house was built by the same person who built the North Ward Center and is part of the grounds and overlooks the entire neighborhood and its proper byzantine operation.

However, Rico says because taxpayers' dollars are involved the city council finance committee with the assistance of the city auditors are looking at all programs that receive municipal, state and federal government funding.

"We're looking into everything. There has to be more accountability for these programs," he said.

Did the curtain come down on the political career of Newark Councilman-at-large Gary Harris this week when he finally officially resigned his council seat?

Maybe not. Harris is expected to appeal his conviction of accepting

\$18,000 in a scheme that was expected to land a Hillside towing company a contract with Newark to haul ticketed and disabled vehicles.

Rev. Ralph T. Grant, a former councilman was convicted along with Harris. He was found guilty of accepting \$25,000 to secure the contract which was never approved by the city council.

According to City Hall insiders, members of Harris' staff were continuing to circulate résumés and visit other city departments in search of jobs before he left the city.

Attention is now turning to filling Harris' seat on an interim basis. Only Councilwoman-at-large Mildred Crump and Councilman-at-large Luis Quintana seem to be "adamant" about allowing a public vote to decide who should fill Harris' seat.

As usual, the council is split. Under state law it has 30 days after Harris' resignation to fill the seat. Following an appointment the public would decide who would hold the seat for the November election.

However, if the council does not appoint a replacement for Harris, a special election would have to be held 75 days after he steps down.

Council President Donald Bradley aims a split in the council without a majority by those who want to appoint and those who don't.

In the words of Ronald Regan... "Here we go again."

Shabazz

Continued from page 1

"Dr. Shabazz is one of the great works of our time. After her husband was cut down three years ago the issue became the burden of caring for his wife while at the same time facing alone the responsibility of raising their six children," Hamm stated.

Recently, Dr. Shabazz was involved in a successful effort to make the federal government drop its case against her daughter, Quiblah Shabazz, who is accused of conspiring to murder Minister Louis Farrakhan of the Nation of Islam.

The event is free and open to the public. For additional information or vendor inquiries call 201-643-7711.

RELIGIOUS CALENDAR

THURSDAY, MAY 19

PLAINFIELD—St. Bernard's Church is honoring Mary by celebrating Marian Evening Prayer at 7:30 p.m. For more info call 908-756-3393.

SATURDAY, MAY 20

NEWARK—Spiritual Renewal Celebration with Rev. John P. Kee and the New Life Community Choir at Lincoln Park from noon to 4 p.m. For more info call 201-242-2200.

SUNDAY, MAY 21

SCOTCH PLAINS—"Blue-Eyed Soul" featuring Bob Carlisle (1993 Gospel Music Association nominee for New Artist of the Year) at Evangel Church at 8 p.m. For more info call 908-755-8566.

MONDAY, MAY 22

PLAINFIELD—Many Lands' concert at 4 p.m. at the Crescent Avenue Presbyterian Church. For more info call 908-754-2468.

TUESDAY, MAY 23

ARTZ WEDNESDAY

BILLBOARD

NOW THRU MAY 20
PISCATAWAY—"Lettice & Lovage," a play, will be performed Fridays and Saturdays at the Circle Playhouse. For more info call 908-968-7555.

NOW THRU MAY 21
NEW YORK—"Illus Train," a musical play on Fridays, Saturdays and Sundays at the National Black Theater. For more info and time call 212-722-3800.

NOW THRU MAY 24
NEW YORK—"Performance 42nd" will appear Wednesdays at the Whitney Museum of American Art, 7:30 p.m. For more info call 212-751-2435.

NOW THRU JUNE 4
CLINTON, Conn.—"Norfolk Feelings" will be performed at the Hurlton Hills Playhouse. For more info call 1-800-HHP-7313.

NOW THRU JUNE 17
NEW YORK—"Alabam Grove," comedy, at the Workhouse Theater at 3 and 8 p.m. For more info call 212-386-7930.

NOW THRU JULY 9
NEW YORK—By Nader, the celebration/pennitration of the mid-19th century Paris will be on display at The Metropolitan Museum of Art. For more info call 212-570-3951.

MAY 5 - 21
ELIZABETH—"Kinfolks" at the Elizabeth Playhouse. Times vary. For more info call 908-555-0077.

MAY 5 - 28
METUCHEN—"The Bride," a play about a groom out to tell his bride at The Forum Theatre at 2:30 and 8 p.m. For more info call 908-548-0582.

MAY 12 THRU JUNE 4
NEW BRUNSWICK—"Of Mice and Men" at George Street Playhouse. For more info call 908-240-7717.

THURSDAY, MAY 18
NEW YORK—"From Harlem to Woodstock," an evening of orchestral Jazz and silent film at Alice Tully Hall at 8 p.m. For more info call 212-721-6200.

FRIDAY, MAY 19
NEWARK—"Auncle Tom's Cabin" in the Terrace Ballroom. For more info call 201-642-5051.

NEW YORK—Dick Gregory live at Symphony Space. For more info call 212-854-5900.

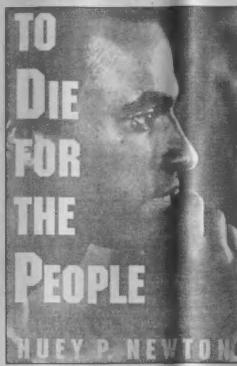
MAY 19, 20
NEW YORK—"The Persuasions" at Downstairs at The Metropols at 8:30 and 10:30 p.m. For more info call 212-675-2300.

MAY 19, 20, 26, 27
FANWOOD—Philantharians of Fanwood production of James Kirkwood's "UTBUT" at 8:30 p.m. For more info call 908-322-8686.

SATURDAY, MAY 20
EAST ORANGE—"Meeteen" Parker (former sax-man for James Brown) performing at East Orange High School at 8 p.m. For more info call 201-242-8110.

Revolutionary Suicide and To Die for The People

The late Huey Newton's writings reissued to coincide with the Spring release of 'Panther' film by Mario Van Peebles



HUEY P. NEWTON

NEW YORK—It doesn't matter if Huey Newton and the Black Panthers are remembered as heroes or terrorists. Newton's status as one of America's most important and dynamic revolutionaries will never be questioned.

The reissue of two essential and influential books by Newton, *To Die for The People* and *Revolutionary Suicide*, both originally published over 20 years ago, bring the thoughts and motivations of Huey Newton to a whole new audience interested in the rise of black power in the United States.

To Die For The People: The Writings

of Huey P. Newton (Writers and Readers Publishing, June, 1995; \$14.95), offers selections from Newton's speeches and writings and shows the evolution of the politics, ideology, and actions of the Black Panther Party.

With rare and persuasive honesty, Newton records the internal struggles, rivalries and successes of the Black Panther Party.

Revolutionary Suicide (Writers and Readers Publishing, June, 1995; \$14.95) is Huey Newton's engrossing autobiography, revealing a brilliant and charismatic character whose ideals are now returning to the forefront

of African-American political thinking.

Newton's life was one filled with contradictions: as a young child, his father instilled in him a sense of dignity and pride and as an adolescent, he was torn between two extremes, religion and hustling on the street.

Later, he founded the Black Panther Party with Bobby Seale, in part because of his consuming desire for all African-Americans to live with hope and dignity.

Within a year of the Party's launch, Newton was convicted of a murder he didn't commit and placed in solitary confinement in Alameda County Jail. Years later, he was released and cleared of all charges.

Huey Newton led a complex life that influenced, and continues to influence thousands of people.

These books are essential readings for anyone interested in him, the Black Panther Party and the political history of mid-twentieth century African-American politics.

LET
CITY NEWS
WORK FOR
YOU!

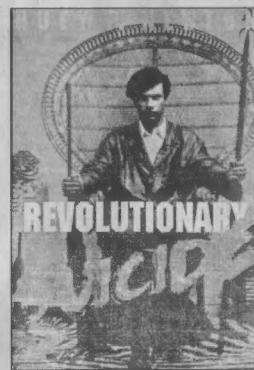
Call 908-754-3400

Frontline to air 'The Confessions of Rosalee'

Pulitzer Prize for their work on this series.

In *The Confessions of Rosalee*, airing Tuesday, May 23, at 9 p.m. on PBS (check local listings), FRONTLINE retraces Dash's steps as he reported this story, examining its impact on policy makers and within the African-American community and how Dash gradually erased the boundary between himself and his subject.

His reporting culminated in *Rosalee's Story*, a controversial, eight-part series published in the Washington Post last September that examined her motivations and choices. Dash and photographer Lucian Perkins were recently awarded the



Club Bené

Rt. 35, So. Amboy, N.J. 08879
Res. 908-727-3000



Guitarist
Zachary
Breaux



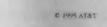
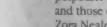
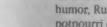
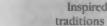
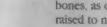
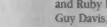
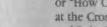
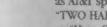
Chris
Rock



August-5
The
Ohio
Players

May-20
June-3
August-5
August-6

Regina
Belle



BUSINESS CALENDAR

ATTEND the Register for Investment course in the Professional Adult School of Continuing Education. For more info call 908-753-3251 or 3252.

MAY 15-18

ATLANTA—American Management Association's "Fundamentals of Marketing: Your action plan for success" seminar at AMAC Management Center. For more info or to register call 1-800-328-9699.

TUESDAY, MAY 16

OMAHA, NEB.—"Advantaged and Women-Owned Businesses and Military Contract Opportunities" one-day seminar at the Holiday Inn Convention Centre from 8:30 a.m. to 5 p.m. For more info call 1-800-486-9303.

NEWARK—"Starting Your Own Business" workshop at Bell Atlantic from 10 a.m. to 2:30 p.m. For more info call 201-645-3982.

THURSDAY, MAY 18

BRIDGEWATER—Insurance Nightmares—Problem and Solutions" Small Business Council Breakfasts from 7:45 to 9:30 a.m. at Jack O'Connor.

SATURDAY, MAY 20

NEWARK—Senator Wynona Lippman's Saturday Seminar for Minority Entrepreneurs from 9:30 a.m. to noon at Essex County College.

WEDNESDAY, MAY 24

PARADISE—"Trade Financing: For Exporters Only" seminar at Bergen Community College. For more info call 201-645-3830 or 548-5950.

MAY 31 THRU JUNE 1

NEW YORK—Marketing and Business Expo '95 at the Sheraton NY Hotel & Towers, 811 Seventh Ave., at 53rd St.

THURSDAY, JUNE 8

NEWARK—"Growing Your Business Through Strategic Networking from 9 a.m. to noon. For more info call 908-527-2946.

Blacks urged to strive for economic empowerment

SOMERS, NY—American entrepreneur, the Rev. W. Franklin Richardson, at a recent speaking engagement counseled the Pepsi-Cola Black Employees Association that blacks must overcome the erroneous notion that "poverty equals piety."

Rev. Richardson, pastor of Grace Baptist Church of Mount Vernon, NY, is one of the fifteen blacks who invested \$1.5 million in a joint venture to re-open a Pepsi bottling plant in Johannesburg, South Africa. A Pepsi spokesman, pastor of the largest church in Westchester County, said that he had several protégés for his "self-help" seminar.

Richardson stated that the black church is a many-faceted institution whose roles include moral, civic and social guidance and also insights, both by example and through instruction, into the need for realistic economic planning.

The Reverend told the group at Pepsi headquarters that, "some of us have developed a theology in which poverty is sacred because we see money as being somehow foreign to God. No other people in the world think like that." The Bible does not even suggest that. Our theology must be changed to help us realize that the black church offers one key to economic empowerment, but we must be willing to help them to key that."

Black people, the Reverend said, must come to believe that "God wants us to have something."

The main speaker for the delayed

Black History Month commemoration at Grace Baptist Church, the largest church in Westchester County since 1975, under his leadership, the membership of the church has tripled, growing to more than 3,000 parishioners. The church was founded in 1888 as Grace Baptist Mission, by five black Baptist women.

In his well-received speech, the Rev. reminded Pepsi's black employees that "racism in America is not dead—it has just become more sophisticated."

He cited the recent attacks on affirmative action by some Republicans as evidence of a continuing effort to undermine black Paraphrasing the famous words of Charles Dickens, Rev. Richardson said that, for blacks, the present is "the best of times and the worst of

times."

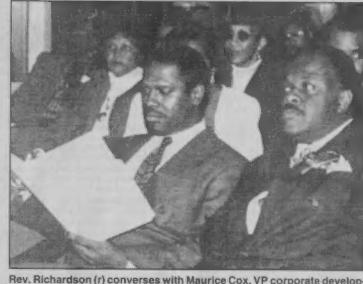
He illustrated the dichotomy of the statement by pointing out the following:

African-American consumers spent less than \$320 billion in 1994, but less than 5 percent of that amount was recycled into the black community.

• The black middle class has expanded, yet 46 percent of black children live in poverty.

• Blacks have made significant political progress under the Clinton administration at a time when racial "mean-spiritedness" is increasingly being articulated in the halls of Congress and the Senate.

"Though we have come a long way, we still have a long way to go," said Rev. Richardson. He urged listeners to be cognizant of their history in America, where the notion that blacks were 3/5ths human was at one time written into the Constitution.



Rev. Richardson (r) converses with Maurice Cox, VP corporate development and diversity of Pepsi-Cola.

LEGAL NOTICE

INITIATION TO BID

The Housing Authority of the City of Paterson will receive sealed Bids on Thursday, June 1, 1995 at 10:00 A.M., 160 Ward Street, Paterson, NJ for the following housing projects. All bids shall be opened:

Coin-Metered Laundry Services at:

NJ21-1, Riverdale Terrace Development

NJ21-2, Alexander Hamilton Development

NJ21-3, Franklin Avenue Apartments

NJ21-5, Christopher Columbus Development

NJ21-6.1, Nathan Barner Homes

NJ21-6.2, John C. Harkins Apartments

NJ21-7, Dr. Norman Cotton Homes

NJ21-8, William Griffin Homes

NJ21-9, Juanita Jackson Apartments

NJ21-10, Gordon Canfield Plaza

Bidders are to submit Bids in a sealed envelope marked with the job number as it appears in this advertisement with ten (10) cents postage containing the bid and on an outer envelope.

Coin-Metered Laundry Services — NJ21-1,

NJ21-3, NJ21-4, NJ21-6, NJ21-8 & NJ21-10*

and NJ21-7.

Coin-Metered Laundry Services — NJ21-6.1,

NJ21-6.2, NJ21-7, NJ21-8, NJ21-9 & NJ21-10*

All Bidders are hereby notified that they must comply with all applicable laws, rules and regulations, including but not limited to those pertaining to Affirmative Action, Equal Opportunity, Ownership and Security.

Specifications concerning the requirements may be obtained at the office of the Authority during office hours between 9:00 A.M. and 4:00 P.M., Monday through Friday.

The Housing Authority of the City of Paterson reserves the right to reject any or all bids and waive any informality thereof. The PHA reserves the right to waive any informality in the award of the contract if the award of the contract would result in the award of one or more responsible bidders.

No bid shall be withdrawn for a period of sixty (60) days subsequent to the opening of bids without the consent of the PHA.

No bid shall be withdrawn for a period of sixty (60) days subsequent to opening of bids without the consent of the Housing Authority of the City of Paterson.

Bids must be accompanied by a Bid Guaranty which shall be in the amount of twenty percent (20%) of the total bid. Said Guaranty need not be more than \$20,000. At the option of the bidder, the guarantor may be a commercial bank or a Commercial Mortgage Bond (at current date market value) or a bid bond secured by guaranty insurance company. Performance and competition bonds will be required of the successful bidder.

Minority Business Enterprises (MBE) will be offered ful-

opportunity to bid and will not be subjected to discrimination on the basis of race, color, sex or national origin in consideration of an award.

HOUSING AUTHORITY OF THE CITY OF PATERSON

FELIX RAYMOND

EXECUTIVE DIRECTOR

FEE: \$100.00

05/17/95

INITIATION FOR BIDS

THE HOUSING AUTHORITY OF PLAINFIELD

For information call
908-754-3400
9:00 a.m. - 5:00 p.m.

CLASSIFIEDS

FAX your classified & legal notices
908-1036
24 hrs.

LEGAL NOTICE

CONTRACT #95-P-509 SEALING OF BIDS WEST FRONT STREET BETWEEN BROOKAW BOULEVARD AND EVERETT PLACE

BID INVITATION FOR BIDS

The City of Paterson will receive sealed bids for Construction work, including structural drawings and detailed in these specifications, until 2:30 p.m., prevailing local time on June 7, 1995 at the City Hall Library, 515 Washington Avenue, Paterson, NJ 07054 at which time and place bids from pre-qualified bidders will be publicly opened and read aloud. The bid shall be delivered to the City Clerk's Office, City Hall, before the time herein stated.

The following is a schedule of critical dates for the bid of the Contract:

DATE	TIME	EVENT
1. 5/22/95	10:00 a.m.	BID PACKAGE AVAILABLE FOR PICKUP INVITATION FOR BID PACKAGE PICKUP
2. 5/26/95	10:00 a.m.	BID PACKAGE INVITATION FOR BID PACKAGE PICKUP
3. 6/05/95	11:00 a.m.	PRE-BID MEETING RETURN QUALIFICATIONS QUESTIONS ANSWERED
4. 6/05/95	11:00 a.m.	INVITATION FOR BID PACKAGE

Bid packages, including a Bidder's Qualifications Questionnaire, will be available only for a limited time and must be picked up and returned on or before the stated deadline. To be eligible to bid, a bidder's Qualifications package must be completed and submitted on time on the forms furnished, therein.

Bids are invited for all supervision, labor, materials, equipment, supplies, services, engineering, planning, the improvements of 15' diameter sewer on West Front Street between Brookaw Boulevard and Everett Place. The work will be performed under the direction and design with the Contract Documents, including Drawings and Technical Specifications which are on file in the Engineering Division Office. All work shall be performed in accordance with the applicable codes and regulations. No shall be issued by the current New Jersey Department of Transportation Standard Specifications for Road and Bridge Construction.

A copy of the Contract Documents and a Bidder's Qualification Package may be obtained upon a non-refundable payment of \$50.00 plus (\$75.00) as a check, or bank draft, payable to the City of Paterson, Engineering Division Office, City Hall, 515 Washington Avenue, Paterson, NJ 07054.

Contractor's attention is directed to the clause of "Claims and Disputes" located in the "General Business Qualifications," requiring the Bidders to have had previous experience in the type of work to be performed under the Contract.

A completed Bidder's Qualifications Questionnaire may be delivered to the Director of Engineering at this location.

A mandatory Pre-Bid Meeting will be held on the second floor of the City Hall Library, 515 Washington Avenue, Paterson, NJ 07054 at 11:00 a.m. in the City Hall Library, 515 Washington Avenue, Paterson, NJ. A mandatory site visit may also be conducted. All bidders are required to attend the meeting and have the right to waive the condition, under emergency situations.

A certified check or bank draft payable to the order of the Director of Engineering at this location, a satisfactory Bid Bond executed by the bidder in an amount equal to ten percent (10%) of the total estimated cost of the project, or Twenty Thousand Dollars (\$20,000) shall be submitted with each bid.

A deposit is called to the fact that less than the minimum salary and wages as set forth in the Contract Documents must be paid on this project and that employees and contractors for employment are not due compensation unless provided for in the contract, race or national origin.

Bidders are required to comply with the requirements of P.L. 94-113, Title II, § 127 as well as the affirmative action requirements of the City of Paterson, and the Equal Opportunity Employment Act (Federal) and Local Civil Rights Ordinance. Such requirements are included in the Bid Documents.

The City of Paterson reserves the right to reject any or all bids, to waive defects or irregularities in bids, or to accept the lowest responsible bid. The City of Paterson, the City of Paterson, NJ, Bidders' Qualifications information provided by bidders shall also be considered in the selection process.

Bids may be held by the City for a period not to exceed sixty (60) calendar days from the date of opening of the bids for the purpose of reviewing the bids and investigating the qualifications of the Bidders prior to awarding of the Contract.

KANT S. PATH, DIRECTOR
ENGINEERING DIVISION
CITY OF PLAINFIELD, NJ

PEE: \$202.80

06/17/95

HOUSING AUTHORITY
OF THE
CITY OF ELIZABETH

INVITATION FOR BIDS

The Housing Authority of the City of Elizabeth will receive sealed bids for

THE CONSTRUCTION OF A TEMPORARY PLAY-GROUND AT PROGRESSIVE PARK, 34-36

EDWARD L. ELEAZER
EXECUTIVE DIRECTOR

PEE: \$72.90

subsequent to the date of the bid, unless the consent of the City of Elizabeth is given. The costs of withdrawal and administrative charges are included with the documents.

All sealed bids shall be submitted to the Housing Authority of the City of Elizabeth, 658 Maple Avenue, Elizabeth, New Jersey 07202 no later than 10:00 a.m. (prevailing time) on Friday, June 9, 1995.

All bids (less the amount of the bid security or deposit) shall be deposited in a sealed envelope marked bearing the name of the bidder and marked:

THE CONSTRUCTION OF A TEMPORARY PLAY-GROUND AT PROGRESSIVE PARK, 34-36

EDWARD L. ELEAZER
EXECUTIVE DIRECTOR

PEE: \$72.90

05/17/95

HOUSING AUTHORITY OF THE
CITY OF ASbury PARK
INVITATION FOR BID

LANDSCAPE MAINTENANCE SERVICES

The Housing Authority of the City of Asbury Park (hereinafter referred to as the "Authority") invites sealed bids for the maintenance of landscape areas within the following housing project area located in the City of Asbury Park:

ASBURY PARK VILLAGE
WASHINGTON VILLAGE
— 2 Adams Avenue
— Avenue
— Boston Street
— Broad Street
— BLDGS. 4,5,6
— Langford Street
— Lincoln Village
— 1018 First Avenue
— 1040 Constance
— 1025 Second
— Avenue, BLDGS.
ROBINSON TOWERS
— Avenue

Bids shall be received at the main office of the Authority, 1000 1/2 First Avenue, Asbury Park, NJ 07712, not later than 2:00 P.M., Monday, June 5, 1995, at which time they will be opened publicly and read aloud.

The bid shall be for services for a four month period.

Attention is called to the provision for bid opening

provisions and procedures pertaining to the minority business enterprise program in connection with the City of Asbury Park's participation in the Small Business and Urban Development Act of 1988, as set forth in Title 24, Part 153, Section 3 requires that the Authority shall be responsible for ensuring that no person giving lower income residents of the project area and contracts for work in connection with the project be given preference over other persons in the awarding of contracts to persons residing in the area of the project.

The Authority solicits and encourages minority business enterprises to submit bids for this project. Consideration of their responses will not be subject to discrimination. Bidders will be required to comply with the provisions of the Small Business Enterprise goal requirement where applicable.

Bidding documents, including specifications, may be obtained at the Authority's main office, or by telephone at (732) 572-1000, or by fax at (732) 572-1001.

Specified bidding documents, including bid security, shall be obtained at the office of the Authority during office hours between 9:00 A.M. and 4:00 P.M., Monday thru Friday.

The Housing Authority of the City of Asbury Park reserves the right to reject any or all bids, to waive any irregularities in the bidding.

No bids shall be withdrawn for a period of sixty (60) days subsequent to the opening of bids without the consent of the Housing Authority of the City of Asbury Park.

Bids must be accompanied by a bid security or deposit, which shall be no less than ten percent (10%) of the amount of the total bid. At the option of the bidder, the quantity may be a certified check, bank draft, U.S. Government Bond (at current date market value) or a bid bond secured by a surety company. Performance and completion bonds will be required if the successful bidder.

Minority Business Enterprises (MBE) will be offered full opportunity to bid and will not be subjected to discrimination on the basis of race, color, sex or national origin in consideration of an award.

HOUSING AUTHORITY OF THE CITY OF ASbury PARK
FELIX RAYMOND
EXECUTIVE DIRECTOR

PEE: \$97.50

05/17/95

INVITATION TO BID

The Housing Authority of the City of Paterson will receive sealed bids on Tuesday, May 30, 1995 at 10:00 A.M. for the construction of a new building.

Plastic Computer Bags for Various Shelves

Bidders are to submit bids in a sealed envelope marked with the job title as it appears in this advertisement with on both an inner envelope containing the bid and on an outer envelope.

All Bidders are hereby notified that they must comply with all applicable Federal, State and Municipal Laws, Rules and Regulations, including those pertaining to Affirmative Action, Equal Opportunity, Ownership, Disclosure and Security.

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HOUSING AUTHORITY OF THE CITY OF PATerson
FELIX RAYMOND
EXECUTIVE DIRECTOR

PEE: \$97.50

05/17/95

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Minority Business Enterprises (MBE) will be offered full opportunity to bid and will not be subjected to discrimination on the basis of race, color, sex or national origin in consideration of an award.

HOUSING AUTHORITY OF THE CITY OF PATerson
FELIX RAYMOND
EXECUTIVE DIRECTOR

PEE: \$97.50

05/17/95

INVITATION TO BID

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Plastic Computer Bags for Various Shelves

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Rules and Regulations, including those pertaining to

those pertaining to Affirmative Action, Equal Opportunity, Ownership, Disclosure and Security.

Specified bidding documents, including bid security, shall be obtained at the office of the Authority during office hours between 9:00 A.M. and 4:00 P.M., Monday thru Friday.

The Housing Authority of the City of Paterson reserves the right to reject any or all bids or to waive any irregularities in the bidding.

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Residents

Continued from page 4

In addition to launching the campaign during the rally, four public officials were presented with the "Friends of the People" award for "working with the community," said Martin.

Kevin Flucka the director of public works, Nick Farno the Jersey City Fire director, Michael Moriarity the director of police, and a designated police officer (name not disclosed) were all chosen by ACORN as award recipients.

According to the chairman of the year old Jersey City chapter, as the rally began individuals chattered, then during the rally they chanted words of taking action, and now it is time for sleeves to be pushed up and work to be done.

Inspire

Continued from page 4

they affected blacks and a strategy to deal with them.

What the Essex delegation talked about was mending fences for the next election so that each of them could get what they wanted. Not issues that affect people's lives.

Newark Mayor Sharpe James held meetings also. Not about issues that affect people, but about making sure the person he wanted got the party line for the assembly seats.

Essex County has the third largest number of people on welfare in the nation, a staggering debt causing hundreds to be laid off and curtailing services, the county and cities in the county are in a massive corruption probe, with a multitude of other ill-fated candidates, who have been in office for years and have little substance to show for it, want another term, to keep on doing whatever they've been doing.

And on primary election night the vote totals will come in and the turn-out will be very light. Most of the registered Democratic voters will be very light. Most of the registered Democratic voters will not vote.

Candidates, most of whom have been around for years and have little substance to show for it, want another term, to keep on doing whatever they've been doing.

They realize this election is not about the people or issues, but it's about too many public servants continuing to serve themselves.

Several elected officials threatened us during the 1992 primary saying, "you all are messing with our money." They need to be reminded that they are messing with people's lives.

We do have some elected officials in both parties, who seek to serve the people and address issues,

Statistics of Home Mortgage Disclosure Act

Compiled by the Federal Financial Institutions Examination Council

Percent of Total Approvals

The percentage that a particular category makes up of total applications

proved, calculated by dividing the sum of loans originated and applications approved but not accepted by the total number of applications minus withdrawn and incomplete applications.

Denial Ratio

The number of times a particular category is as likely as whites to have its applications denied. Calculated by dividing a given category's denial rate by the white denial rate.

Approval Ratio

The percentage of non-originated applications due to reasons other than denial. Calculated by dividing the total number of non-denied, non-originated applications minus applications withdrawn or incomplete for a particular category.

Approval Rate
The rate at which applications for a particular category are ap-

proved, calculated by dividing the sum of loans originated and applications approved but not accepted by the total number of applications minus withdrawn and incomplete applications.

Attrition Rate

The percentage of non-originated applications due to reasons other than denial. Calculated by dividing the total number of non-denied, non-originated applications minus applications withdrawn or incomplete for a particular category.

Approval Rate
The rate at which applications for a particular category are ap-

proved but they are so few. So many more have made public service a means to benefit themselves. Some hold two elected positions, or an elected position and an appointed political position, drawing two salaries, from taxpayers that they do not adequately serve.

So we come to another election. Candidates, most of whom have been around for years and have little substance to show for it, want another term, to keep on doing whatever they've been doing.

And on primary election night the vote totals will come in and the turn-out will be very light. Most of the registered Democratic voters will not vote.

They will not vote, which is understandable. They do not exercise their right. We must find a way to encourage them to vote. But hard reality says that much of our present leadership does not inspire them to vote, for they are smart.

They realize this election is not about the people or issues, but it's about too many public servants continuing to serve themselves.

Several elected officials threatened us during the 1992 primary saying, "you all are messing with our money." They need to be reminded that they are messing with people's lives.

We do have some elected officials in both parties, who seek to serve the people and address issues,

News

(Continued from page 3)

mission (CPSC). He has over 10 years of background as a Senate staff aide and legislative counsel. A graduate of the University of Florida College of Law and former executive vice president of the National Medical Association, Moore says he is looking forward to his service as Commissioner and has a long-standing interest in consumer safety. "The value to American families of having a strong, independent Product Safety Commission cannot be overstated. CPSC performs an essential role in protecting the health and safety of consumers," says Moore.

WHAT DOES IT REALLY COST FOR A PAIR OF ATHLETIC SHOES?

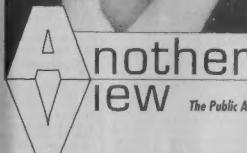
The typical American is said to own one pair of athletic shoes. Shoes, which range in price from \$20 for old fashioned sneakers to \$135 for top-of-the-line basketball shoes. The following is an accounting of a pair of Nike Air Pegasus: Production costs to Nike \$20; cost to the retailer \$35.50 and cost to consumer \$70.00. After payment of expenses to Nike, the average retailer makes a \$9.00 operating profit on each sale.



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Karen Smyles
Host



The Public Affairs Program for the African American Community



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If you've got more equity in your home, the picture's even brighter. Because now we offer a new 5-Year Second Mortgage with one of the lowest rates in New Jersey. You can borrow up to \$250,000 with loan approval in one hour!³ And it's tax-deductible as well!⁴ So hurry in now to take advantage of our great loan sale rates. To find out which loan is best for you, or to apply, call 1-800-HOUR-LOAN. Or stop by any branch. And picture yourself with the money you need.

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HEARTBEAT

YOUR GUIDE TO HEALTHY LIVING

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BRIEFS

Children may need more fiber

Many children may not be getting enough dietary fiber.

"The average diet is highly refined and overprotecting removes much of the natural fiber that children and adults need," said Janice Stoff, a registered dietitian at the USDA's Children's Nutrition Research Center.

Stoff said that a 40-pound child needs 10 grams of fiber daily compared to 15-20 for teens and 25-35 for adults. A child can get 10 grams of fiber each day by eating a whole-wheat bread sandwich, an apple or pear, a half-cup of vegetables and a half-cup of beans or lentils, said Stoff.

To be sure a child is getting enough fiber, Stoff suggests:

- Adding raisins or berries to whole-grain cereals
- Adding whole-grain flour to pancake mix
- Adding vegetables to pizza toppings and spaghetti sauces
- Serving popcorn as a snack

Taking off pounds lowers cholesterol

Measuring the success of a low-fat diet prescribed to lower cholesterol is as easy as stepping on the scales. Weight loss signals a reduction in cholesterol for most people.

Participants in a study at the DeBakey Heart Center had cholesterol levels above 240 level, was considered high by the National Cholesterol Education Program. The 59 men and 164 women were given the American Heart Association's Step I diet that limits total calories from fat to 30 percent, with no more than 10 percent of calories from saturated (animal) fat.

Those who lost five pounds or more in the first month and kept the weight off for six months lowered their cholesterol by almost 10 percent. Those who did not lose weight achieved only a 4 percent cholesterol reduction.

Children and vegetables don't always mix

Children need help in minding their "Peas" and Q's. They need at least three vegetable servings daily, said Janice Stoff, a dietitian at the USDA's Children's Nutrition Research Center.

For children ages 1 to 3, one tablespoon per year of life is a serving. For ages 4 to 8, a

quarter-to-a-third-cup of cooked vegetables or a half-cup of salad is a serving. For ages 9 to 17, it's a half-cup of cooked vegetables and a cup of salad.

To make vegetables more appealing, Stoff suggests:

- Mixing favorite vegetables with less popular ones.
- Offering celery stalks as "edible spoons" for scooping up stew.
- Adding red or green bell pepper to tacos.
- Taking children to farm stands or produce markets to let them select their own vegetables.

Three essentials of exercise

A promise to exercise should include three things: stretching, strengthening and cross-training.

Stretching should be done every day for 10 to 15 minutes for: stretching the buttocks, thighs and calves. Also, the back, chest and abdominal muscles in the trunk area and the shoulders and arms should be stretched daily, even if no other workout is planned.

Strengthening exercises should be done two to three times weekly. Resistance, or weight training, should focus on making you stronger for the activities you enjoy.

Cross-training improves over-all muscular coordination. Find two or three activities that combine strength and coordination and rotating them through the workout schedule.

Be careful with poultry

Don't go for the "quick thaw" and let bacteria endanger your family's health. Poultry defrosted outside the refrigerator too long is prone to contamination with salmonella bacteria. Once poultry has thawed, it is important to cook it thoroughly to kill bacteria and avoid illness.

Salmonella poisoning is caused by bacteria that develop in raw or undercooked meats and other foods in warm environments. When eaten, the bacteria grow in the intestines, causing stomach pain, nausea, vomiting, diarrhea and dehydration. Over-the-counter anti-diarrheal medications can help soothe your stomach pain, but drink plenty of fluids to treat dehydration.

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HEALTH CALENDAR

EVERY SUNDAY

TUNE IN—Conversations with Carrier a live call-in program which discusses various health topics can be heard from 9:30 to 10 a.m. on WPTF 930-AM

ATTENTION—Sign up for first aid course at the Plainfield American Red Cross. For more info call 908-756-6414.

ATTENTION—Toll free number for NJ Division American Cancer Society providing information for patients, families and general public. Call 1-800-ACS-2345 9 a.m. to 5 p.m. Monday-Friday.

WEDNESDAY, MAY 17

WEST ORANGE—"Running Assessment III" sports training and rehabilitation series from 5:45 to 9 p.m. at the Kessler Institute. For more info call 201-731-3900, ext. 2757.

PLAINFIELD—Fourth annual "Spring Awakening" for friends and family of people with disabilities at The Arc from 9 a.m. to noon. For more info call 908-754-2301.

THURSDAY, MAY 18

BELLE MEADE—"Craving and Cocaine Dependence" lecture at Carrier Foundation from noon to 1 p.m. For more info call 908-281-1461.

IRVINGTON—Community High Blood Pressure Control Program at the Municipal Building from 4:30 to 7 p.m.

WASHINGTON—Community Health Accreditation Program at the Senate Capitol Building Room 5 from 8:30 a.m. to 5 p.m. For more info call 1-800-669-9656, ext. 451.

FRIDAY, MAY 19

NEWARK—Symposium: New Initiatives in Medical Education and Healthcare at the Alumni Reunion Weekend at UMDNJ. For more info contact Dr. Elizabeth Alger at 201-982-5436.

BRIDGEWATER—NJ Association of the Deaf-Blind, Inc. 3rd annual Benefit Dinner at the Bridgewater Manor from 6 to 10 p.m. For more info call 908-805-1912.

PLAINFIELD—Union County College offering non-credit training program for Home Health Care Aides. For more info call 908-709-7602.

SATURDAY, MAY 20

HACKENSACK—"Menopause: Changes and Choices - A Positive Look at Female Sexuality in the Middle Years" seminar at the Center for Family Life Education. For more info or to register call 201-489-1265.

NEWARK—International AIDS Candlelight Memorial and Mobilization event at Branch Brook Park at 2 p.m. For more info call 201-483-4250.

MONDAY, MAY 22

LIVINGSTON—National Multiple Sclerosis Society to hold newly diagnosed workshops at St. Barnabas Medical Center from 7 to 9 p.m. For more info call 201-984-6667 or 361-7686.

WEDNESDAY, MAY 24

NEW YORK—Conference on Sudden Cardiac Death in Athletes and Reception for the Arthur Ashe Institute for Urban Health from 3 to 6 p.m. at Chemical World Headquarters. For more info call 718-270-3101.

TUESDAY, MAY 30

SCOTCH PLAINS—"Clinical Laboratory Skills I"

summer session at Union County College. For more info call 908-889-2400

Cranfor—"Nursing II" summer session at Union County College. For more info call 908-709-7500.

THURSDAY, JUNE 1

FREEHOLD—"Healing Childhood Trauma" program at the Carrier Foundation from 6:45 to 9 p.m. For more info call 908-281-1591.

JUNE 2, 3

WAYNE—Walkers and runners needed for "American Cancer Society's Relay for Life: A Team Event to Fight Breast Cancer" at William Paterson College. For more info call 201-736-7770.

SATURDAY, JUNE 3

NEW YORK—Second Primary Hyperparathyroidism Patient Education Meeting at Columbia-Presbyterian East Center. For more info call 212-229-1582.

MONDAY, JUNE 5

WESTFIELD—Support group for people caring for the elderly or chronically ill relatives in the parish center of St. Helen's Church at 8 p.m. For more info call 908-233-8757.

WEDNESDAY, JUNE 7

WEST ORANGE—Fifth Annual Spinal Cord Injury Retreat, "Making the Most of Your Healthcare Dollars" at the Kessler Institute from 9:30 a.m. to 4:30 p.m. For more info call 1-800-248-3221, ext. 2372.

THURSDAY, JUNE 22

IRVINGTON—Community High Blood Pressure Control Program, sponsored by the Dept. of Health's Nursing Division, from 4:30 to 7 p.m. at the Senior Citizens Center from 1 p.m. to 4 p.m. For more info call 201-399-6652.

JULY 20 - 22

GHANA, AFRICA—Second International African Symposium on Sickle Cell Disease as well as a tour of Ghana. For information packet including land and travel costs as well as payment plan. Write to The Children's Hospital of Philadelphia, Attn: Comprehensive Sickle Cell Center, 324 S. 34th St., Philadelphia, PA 19104-9787 or call 215-590-3423.

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Better Hearing and Speech Month

Better Sleep Month

Correct Posture Month

Digestive Disease Awareness Month

High Blood Pressure Month

Huntington's Disease Awareness Month

National Melanoma/Skin Cancer Detection and Prevention Month

National Mental Health Month

National Physical Fitness and Sports Month

National Sight Saving Month

National Trauma Awareness Month

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Smoking and teens

To discourage teen smoking, use three tactics: start early, don't nag and "get them thinking."

"Never, never nag," said Dr. Larry Laufman, a cancer-control education expert at Baylor College of Medicine in Houston. "Harassment is a sure-fire way to keep them smoking."

Others agree—Rebecca Hill, an adolescent medicine specialist, and Alan Blum, a family physician, both believe that if teenagers have their minds firmly set to smoke, it is difficult to dissuade them.

"You cannot make people do something they do not want to do," Hill said. Blum feels even stronger, believing that success can be further hampered by the influences of tobacco advertising.

Parents can begin early to get across the message about smoking's dangers. Hill advocates a family environment that encourages open discussion.

"That may not stop them from smoking, but it will pave the way for honest talk when the time comes," she said.

Laufman says to build teen self-esteem, reward success throughout life instead of punishing failure.

"With the tremendous peer pressure to smoke, self-esteem is crucial," he said. "Parents should reward success, not punish failure. This builds the ability to say 'I can do it.'"

Blum believes parents can take steps when children are young to "poke fun" at the whole idea of smoking.

"We should let them know just how silly smoking looks," he said. "If they see smoking as something 'uncool', it may help."

Blum, Hill and Laufman concur with

(Continued on page 6)

Good back health no mystery

James L. Phillips, M.D.



Back pain is one of the most common complaints that many doctors hear. Years ago, a patient may have been told to "just learn to live with it." Today, many cases of chronic back pain can be prevented—if you understand how your back works.

Your spine extends from the neck to the buttocks. Individual bones, or vertebrae, encircle and protect the spinal column and nerves.

Your back muscles are attached to the vertebrae which are separated by discs that cushion the bones.

Common causes of back pain are spasms, tension and muscle pulls or tears. These can occur as a result of muscles which are too weak to properly support the back.

Constant muscle tension is also believed to be a risk factor for degenerative disc disease, a more serious problem that may require surgery to prevent pain and damage to nerves.

Back pain is considered a chronic medical problem when it lasts more than six months and interferes with normal, daily activities. Many people with chronic back problems are not able to find out the cause of the pain and must rely on therapy, exercise and medication

to ease the discomfort.

Eighty percent of back pain is caused by muscle or ligament strain, frequently caused by improper lifting or a sudden, awkward movement. Treatment can be as simple as rest and ice for the first 24 hours, after which walking can be resumed, while cold packs are continued.

Strong muscles in the back, legs and abdomen are important to supporting your spine. A regular regimen of exercise targeting those muscles is one good way to prevent injury.

Most people recover from back pain in a few weeks, but for 65,000 people annually, back injuries are chronic and disabling. Any back pain lasting more than a few days should be checked by a physician.

HB KIDS

American Dairy Association announces milkshake recipe contest for teens

CEDAR KNOLLS, NJ—It's no secret that today's teenagers don't consume enough calcium. Unfortunately, most teens don't even get half of the government recommended daily requirement for calcium, according to the National Dairy Council.

To increase awareness about their need for calcium, and to increase their desire for milk, the American Dairy Association and Dairy Council, Inc. (ADAC) is asking teens to create or share their favorite original recipes for milkshakes. The contest is open to all kids ages 10-16 who live in New York, New Jersey and Pennsylvania.

All milkshake recipes must start with at least 1/2 cup of milk, per 8-ounce serving. Any type of ingredient or flavor, including ice cream, yogurt, candy, fruit and flavored syrups can be used to create decadent desserts,

low-fat snacks or breakfast-on-the-go shakes. ADAC is specifically looking for new, creative recipes that will appeal to teens.

Finalists will be notified, and invited to participate in a recipe "Shake Off" during July. The top shake wins \$500, a year's supply of ice cream, and an expense paid trip to the national "Shake Off" contest in October. Second place wins \$250 and an electric ice cream maker, and third place wins \$125 and an electric ice cream maker.

Entries should be sent to: American Dairy Association "Shake Off" Contest 14 Ridgeable Avenue, Suite 260 Cedar Knolls, NJ 07927.

All entries must include a shake name, recipe, your name, age, phone number and address. Entry deadline is June 30, 1995.



Tips to be fit

by Vince & Yolanda

"Are starchy foods like corn bad for you if you're losing weight? I like corn."

*Robin
Media, Pa.*

Starchy foods are important for balanced nutrition. They supply you with needed fiber, minerals and vitamins. Starchy foods are also low in fat. The fat content increases when you add butter or other high calorie sauces that contain saturated fat.

Don't stop eating corn. It's an excellent source of vitamins A and C. It's also low in sodium and fat. Sweet corn can be either yellow or white. Ears should be full with firm, bright, milky kernels, but give a little when pressed. Look for fresh green husks. The husk should be dry and the silk yellow.

There are several ways to cook corn. When boiling, use enough water to cover the corn. You should cover the pot and cook rapidly for seven to 10 minutes. You can season your corn by adding oregano, parsley

and Italian seasoning to the water.

You can also add cooked corn kernels to your pancakes, waffles and muffins. You shouldn't eat corn with proteins because it's a starchy food. Corn will digest best with other vegetables.

"What is the difference between losing weight by dieting alone and losing weight by exercising?"

*Janet
Wynnefield, Pa.*

Dieting alone to lose weight will lead to a muscle mass loss and a fat and water loss of around 50 percent. Weight lost through proper diet and exercise will result in a fat loss of around 98 percent and lean muscle mass may increase.

The loss of lean muscle will weaken the muscles and organs and slow down metabolism. The rate at which the body burns calories is directly related to lean body weight. In other words, muscle helps burn calories. When you lose weight by dieting alone your me-

tabolism burns calories at a slower rate. When you quit dieting, your body continues to burn calories slowly. Consequently, you gain the weight you lost and sometimes more.

Each time you diet this way, your metabolism is strained, as well as heart function, kidney function, and bone and muscle production. Instead of cutting calories, work out for 30-60 minutes three to five times a week. Walking is great for the beginner and jogging can become addictive. You'll also want to do toning exercises for each part of the body, such as weight training or calisthenics. Experiment with different workouts and find something you enjoy. Make sure you consume between 12 to 15 calories per pound of body weight daily.

"How can I get my kids involved in fitness?"

*Jack
Phila., Pa.*

(Continued on page 6)

HB HEALTH

Walking gains speed; running loses steam

While it seems as though most people today are in-line skating, jogging, or working out regularly at a health club, there's only one physical activity that everybody really is doing. Everybody's walking. In fact, walking is the number one participation sport in the country, boasting 64 million participants.

In a new survey conducted by the makers of Dr. Scholl's, over 78 percent of the more than 1,000 respondents claimed that they walk for exercise, compared to a mere 18 percent who run or jog. Walking also beat exercising at home or in a class (a distant second at 57 percent), bicycle riding (48 percent), swimming (44 percent), and playing other sports (39 percent).

Walk And Talk

The Dr. Scholl's survey reveals that walking is a social sport—56 percent of participants choose to walk with a pet or other person; 44 percent report that they walk alone.

According to Mark Smaha, director of athletic medicine at Washington State University and member of the Dr. Scholl's Foot Health Council, "walking is really catching on as an exercise because people can walk in groups and hold conversations while they're doing it. It's hard to hold a conversation while you're running or doing aerobics."

Walk A Lot

Walkers also walk with more frequency than athletes who participate in other sports. According to the survey, walkers exercise an average of 3.7 times per week, while people who exercise at home or in a class do so 3.2 times per week and runners jog an average of 2.7 times per week.

Generations Walking On Common Ground

The Dr. Scholl's survey indicates that walking is a physical activity that appeals to all age groups. Walking beat running in every age category, and the difference was especially apparent in older age categories. In the 55-to-64-year-old group, for example, nine percent of respondents say they jog, whereas 89 percent report that they walk for exercise.

When Dr. Scholl's compared genders, women high-stepped past men with 82 percent saying that they walk for fitness. Men walk less frequently, but still have a strong finish with 72 percent responding that they walk for exercise.

Walk Safely

Although walking is a healthy activity, it can cause a host of foot problems when people don't do it right.

"While walking does not exert nearly the amount of stress on feet that running does, walkers must wear correct footwear and stretch out before they exercise," says Smaha. "Comfort and support can be increased by wearing insoles like those made by Dr. Scholl's and shoes specifically designed for walking."

Of the 78 percent of survey respondents who say they walk for exercise, only 42 percent wear shoes specifically made for walk-

ing. The remaining 58 percent chose other styles of footwear.

Other noteworthy results from the survey were:

34 percent of walkers walk once a day or more; only 17 percent of joggers jog this often.

80 percent say that they walk outdoors; 11 percent walk indoors and 9 percent walk both inside and outside.

87 percent of those who walk, walk with no radio or other music. Six percent walk with a radio; six percent walk with tapes or CDs.

When we walk... most of us prefer to walk alone.

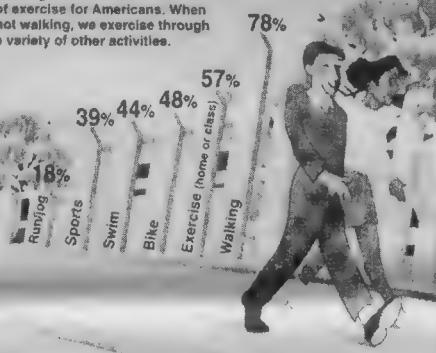
When we aren't walking by ourselves, we're walking with:



Graphs provided by Dr. Scholl's, national sponsor of March of Dimes Walk America.

Exercising? Take a walk.

Walking is the number one form of exercise for Americans. When not walking, we exercise through a variety of other activities.



AAA helps seniors walk in safety

Although older adults represent only 13 percent of the population, nearly 25 percent of pedestrian fatalities involve someone 65 or older, reports the AAA New Jersey Automobile Club.

A new safety program—"AAA Walking Through the Years...Pedestrian Safety for the Older (65+) Adult"—has been developed by the AAA Traffic Safety and Engineering Department to help this growing segment of the population walk more safely.

"Many mature people enjoy active lifestyles that include walking and jogging, but far too many are fatally injured each year while crossing the street," said Paul Kielblock, the AAA New Jersey Automobile Club's Safety manager. "As the vision, hearing and reaction time of our aging population decline and bodies become more fragile, we may see an increase in pedestrian fatalities."

The number of people age 65 and older is expected to jump 62 percent between 1990 and 2020. If their accident rate remains the same as it is today, the number of older pedestrians injured and killed will increase from 10,000 to more than 16,000.

To help make walking safer for seniors, AAA developed a public awareness program, which includes the following advice:

- See—before stepping off the curb, be sure you can see turning approaching vehicles, especially at intersections.
- Be seen—wear light, bright colors during daylight, particularly in winter when the low angle of the sun creates long shadows. At night, wear reflective material and carry a flashlight.
- Walk smart—a green light and "walk" signal don't necessarily mean it's safe to step off the curb. Don't assume all vehicles will stop just because one has.

- Time it—pedestrian signals often don't allow enough time for people to get all the way across before they begin flashing. Don't start if the signal is already flashing. If you're in the middle of the street, continue to the other side.

Senior clubs or groups interested in hosting the free AAA program, are invited to call Paul Kielblock at 201-377-7200 (Ext. 274).

Older pedestrians are also invited to request a copy of the free pamphlet "Walking Through the Years." AAA also has a new brochure "Maintaining Your Vehicle," the fourth in a series of brochures called "Straight Talk for Older Drivers." To request these materials, send a self-addressed, stamped, business-size envelope to: Older Driver Brochures, AAA Safety Department, 1 Hanover Road, Florham Park, NJ 07932.

VA to open new health practice in Hackensack

The Director of the East Orange Veterans Affairs Medical Center today announced the formation of a new VA

health care practice in Hackensack scheduled to open in June of this year.

"This new VA practice group is designed to better meet the primary health care needs of the veterans community. We received requests from veterans in Bergen County to open a health practice closer to their homes and communities."

"We've now signed a lease with Raia Properties Management Company in Hackensack to establish the practice in their medical office building at 385 Prospect Avenue," explained Ken Mizrach, director of the East Orange VA Medical Center.

The arrangement will provide veterans with access to primary health services in a modern, convenient location. Staff at the Hackensack practice will provide general medical care office visits for veterans with scheduled appointments. Patients will be referred for specialty care and diagnostic testing to the East Orange VA Medical Center.

The Hackensack practice number is 201-487-1390 and registration and information calls are being handled by East Orange VA staff until the office opens. All honorably discharged veterans are eligible to enroll in the practice. Veterans who wish to enroll or would like more information can call between 9:00 a.m. and 3:00 p.m. weekdays.

Lovell Jones co-chairs Survivorship Symposium



Professor and director of Experimental Gynecology and Endocrinology at the MD Anderson Cancer Center in Houston, Texas, Lovell A. Jones, Ph.D., co-chaired the Cultural Diversity, Public Policy and Survivorship 5th Biennial Symposium on Minorities, the Medically Underserved & Cancer.

Safe summer cooking on the grill

The lazy, hazy days between Memorial Day and Labor Day mark the time to break out the backyard barbecue grill.

This is also a good time to "grill" say the experts from USDA's Meat and Poultry Hotline about cooking and handling foods safely to avoid food poisoning.

"Safe-food handling is always important, but during the warm summer months—peak grilling season—there is an increased need for awareness of safe food handling practices," says Susan Conley, director of the nationwide toll-free hotline.

Cases of food-borne illness do rise during the summer. The Hotline offers advice to consumers with questions about safe handling and preparation of meat and poultry products.

Here are some of the most common topics when callers "grill" the Hotline experts:

Marinating. The Hotline advises to marinate raw meat, fish and poultry in a glass dish in the refrigerator—not on the counter. "If you plan to use some of the marinade as a dip or basting sauce later, set aside a portion before adding raw meat or poultry to it," advises Marilyn Johnston, one of the experts on the Hotline. "Don't re-use the marinade from raw meat unless you boil it for several minutes to destroy any bacteria from the raw meat."

Pre-cooking. Many Hotline callers ask whether it's safe to save time on the grill by partially cooking meat or poultry ahead of time to finish up on the grill. "Yes, it is safe,

but only if the food goes immediately from the microwave or range to the grill," says Bessie Berry, senior home economist on the Hotline. Interrupted cooking is risky business. If you must cook ahead, cook the meat completely and then cool it fast for re-heating on the grill later.

Cooking Thoroughly. For safety and quality the coals should be very hot before cooking food. It can take 30 minutes or longer before the coals are ready. They should show a light coating of ash for optimal heat.

"Meat and poultry should be thoroughly cooked," states Conley, "and it's best to use a meat thermometer to check for safety and doneness." Large cuts of beef like roasts may be cooked to an internal temperature of 145° F for medium rare and 160° F for medium. Whole poultry should reach 180° F.

Don't eat raw or undercooked hamburgers made from meat or ground poultry since harmful bacteria could be present. To be sure bacteria are destroyed, cook meat patties to 160° F, ground poultry to 165° F.

"It's always a good idea to take an 'exploratory' cut into any patties, poultry, meat or fish to check doneness," says Conley, "because on the grill, often the outside looks done, but the inside is not. Juices should be clear and meat should not be pink."

Grilling and Cancer Concerns. "Worries about overcooking or charring foods brings more concerned callers," says Diane Van, another hotline food safety specialist. "We

get a lot of calls from people who are afraid to grill because they have heard consuming grilled foods could be linked to cancer. As long as you're not cooking every breakfast, lunch and dinner on the grill, there shouldn't be a problem. The answer: moderation."

The American Cancer Society suggests trimming visible fat that could make the fire flame up and char the food. Pre-cooking in the microwave and conventional oven also lessen grilling time and reduce risks. The Society also suggests raising the cooking level of the grill so food is farther from the heat, avoid eating charred or burned portions of food and clean the grill thoroughly after cooking.

Serving Grilled Food. Serve hot, grilled foods immediately. Put cooked foods on clean plates that weren't used to hold the raw meat or poultry. Perishable foods should be consumed within two hours, one hour if the

outside temperature is above 90°F.

Cleaning Up. Clean the grill after each use. "Also, refrigerate any leftovers promptly," advises Conley. "Divide larger quantities into small, shallow containers."

Taking Leftovers Home. A number of Hotline callers ask about the safety of taking home perishable foods from picnics. Barbara O'Brien, a registered dietitian on "the line" suggests, "If you are returning home from an outing within four to five hours, and your perishables were on ice except when cooked and served, you should be able to save the leftovers. Be sure the foods are refrigerator cold to the touch and ice or a cold source remains when you arrive home."

For more information about grilling or other questions about safe handling of foods, call the Meat and Poultry Hotline at 1-800-535-4555.

Planned Parenthood holds free health week

NEWARK—Planned Parenthood of Metropolitan New Jersey will hold a free Women's Health Week from May 22 to May 26 at the Chubb Center, 151 Washington Street, Newark. Free services include: physical exam, breast exam, sexually transmitted disease

screening, Pap smear, blood pressure exam, blood test (anemia), and urinalysis. There is a nominal fee for the Chlamydia test, pregnancy test, diabetes and cholesterol screening and contraceptive and treatment supplies. For an appointment and more information call 201-622-3900.

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HB DISCOVERY

Ten ways to boost your calcium

Did you meet your recommended daily allowance of calcium today? The American Dairy Association and Dairy Council, Inc. is kicking off National Osteoporosis Prevention Week (May 14-20) by sharing with consumers easy suggestions for increasing your calcium intake.

Osteoporosis affects over 25 million Americans and costs our country over \$10 billion annually in medical expenses. Causing over 1.5 million bone fractures a year, osteoporotic hip fractures result in as many deaths in the United States each year as car accidents.

Since osteoporosis is symptomless, the first sign is often a fracture. "If the body is deprived year after year of calcium-rich foods, it will begin using up the calcium stored in bones," explains ADAC director of Nutrition Peggy Pettingell. "Calcium is the most essential nutrient for bone growth and maintenance. Without it, bones become weak and highly susceptible to injury," she adds.

Osteoporosis is largely preventable. Drinking milk and consuming other calcium-rich foods during the growth years is crucial to building strong bones. However, calcium consumption at any age is necessary to maintain existing bone mass.

To meet the calcium RDA, children ages six to ten should consume at least three

servings of milk or dairy per day; teenagers (11-24): four servings; adults (25+): three servings; and pregnant and nursing females, four servings.

- Here are ten ways to boost your calcium:
- Enjoy milk with meals or as a snack. Adding one glass of milk a day can add 300 mg of calcium to your diet instantly.
- Drink chocolate milk for a refreshing break. Eight ounces equals 300 mg of calcium and the same nutrients as unflavored milk.
- Add cheese to a sandwich, hamburger, baked potato or salad. One ounce of cheddar cheese or mozzarella equals 200+ mg of calcium.
- If you're lactose intolerant, try smaller amounts of milk with meals, aged cheeses or yogurt with active cultures.
- Enjoy yogurt at breakfast, lunch or as a quick snack. One cup (plain) contains about 400+ mg of calcium.
- Prepare hot cereal, cream soups and sauces with milk instead of water.
- Select high-calcium combination foods such as pizza, lasagna, cheese enchiladas or macaroni and cheese.
- Warm up to a cup of hot cocoa made with milk, not water.
- Blend milk and ice cream for an easy calcium-rich shake.
- Indulge in a scoop of frozen yogurt, ice cream or pudding for dessert.

Neurofibromatosis support group offered at Muhlenberg

PLAINFIELD—In an effort to call attention to the disorder of neurofibromatosis (NF) and the research that will eventually bring its cure, the New Jersey Chapter of the National Neurofibromatosis Foundation and Governor Christine Todd Whitman have declared May to be Neurofibromatosis Awareness Month. More than 2,000 families in New Jersey have someone affected by this disorder.

The medical science community has begun to make advances in treating NF, a noncontagious, genetic disorder that usually appears in childhood or in adolescence, but that can occur in adults as old as 110. The primary sign of this condition is the development of neurofibromas, tumors that develop in and along nerves and nerve sheaths.

Some other physical signs can include external skin tumors, severe curvature of the spine, enlargement and deformation of bones, deafness, blindness and paralysis.

Much about this disorder remains a mystery, including why the gene occurs in approximately one out of every 4,000 births create this condition. However, medical re-

searchers recently announced the successful development of a direct gene test for both sporadic and familial cases of NF. Using blood and tissue samples or amniotic fluid, the new test can detect about 70 percent of gene mutations.

Results of the breakthrough test, while not resolving every diagnostic dilemma, help significantly with early or unclear diagnoses.

Providing education and support to those with NF is the mission of a support group based at Muhlenberg Regional Medical Center.

One of only three in the state, the Muhlenberg group also presents educational conferences and serves as an information center for members of the public trying to learn more about neurofibromatosis.

More information about the disorder and about the Muhlenberg-based support group is available by contacting Donna Oettinger, New Jersey Chapter President, National Neurofibromatosis Foundation, or Carol Kleissler at the Neuroscience Center For Excellence, 908-668-2612.

HEARTBEAT—Your Guide To Healthy Living

Tips to be fit

(Continued from page 3)

If you walk or jog on a track or a similar flat surface, you can take your kids along for the workout. If their legs are too short to keep up with you while walking or jogging, let them ride a tricycle or bicycle around the track while you jog. If you have a daughter who still plays with dolls and has a baby carriage, she can walk her dolls while you get into your workout. Outdoor, skates and roller blades are popular. Skating promotes agility, coordination, builds strong thighs and hips, burns fat and works the heart and lungs. Make sure you monitor your kids so they don't overdo it. When they get tired tell them to rest. Remember start them out slowly so they don't become discouraged. Teach your kids to get high on fitness and say no to drugs.

"I'm 27 years old. I've just gotten back into exercise and I want to know if I need to eat meat to get in the iron I need? I'm getting a lot of opinions. Do I need beef if I exercise?"

Veronica
Cherry Hill, N.J.

Do females who exercise need to eat beef? Dietary facts suggest that we should include red meat in our diets. The mineral iron is found in vegetables and fruits but this iron is a nonheme form of iron. This iron can be used by the body, but not as easily as the iron found in beef and other meats. When a group of female exercisers who ate beef were compared to a similar group of non-beef eaters, they found that the non-beef eaters had problems with low iron levels. Good usage iron is also found in chicken and fish, but beef still provides the most easily used iron. Remember only four to six ounces of lean beef will give you the iron you need, not a whole steak.

Cycling and Kids

After your child has mastered the art of riding a bicycle, they have an excellent source for conditioning. When you ride a bicycle for fun or exercise remember to start with short

distances at a steady pace. Build on your distance, speed and the time. To get the most out of your cycling, you should adjust your seat so that your legs are fully extended when the pedal is at the bottom of your bike. At the top, the toes should be tilted back and the heel slightly down. You should always pedal with the ball of the foot and not your toes.

Riding a bike is a great form of exercise for your kids. But, you should follow some safety tips. More than two million children receive bicycles for gifts each year. Each day one child dies from a bicycle injury. Most of these injuries can be avoided. Here's how: follow all traffic rules; make sure you give

signals when you make turns; stop for red lights and never ride against traffic; maintain your brakes and tires; be more cautious when riding in the rain; wear reflective clothes at night and make sure your child wears a helmet. Wearing helmets could reduce the death rate resulting from bicycles by 50 percent. These are just a few safety tips that will make your child's ride safe.

Before starting your fitness program consult your physician.

Send your questions and comments to Tips to be Fit, PO Box 53443, Phila., Pa., 19105, or call 215-387-3081.

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Smoking

(Continued from page 3)

statistics that show children of smokers are more likely to smoke. When teens smoke, parents may feel helpless, but, Hill said, parents can let teens know that while they cannot control smoking, they can control smoking in the house and car. Also, be aware of the teen's nature.

"If their child is someone who runs left when they say right, then it may seem impossible to dissuade them. But if their child responds to frank talk, then it's worth a try," says Hill.

"To get them thinking may be as simple as a serious discussion or have them read a brochure," Laufman said. "Even if the seed is only planted, it's a start."

Blum advocates parental involvement by influencing tobacco companies, government officials and lawmakers to prevent tobacco companies from targeting younger smokers.

One thing on which all three agree: Anticipate the problem and when it occurs, don't ignore it.

HB PULSE

McCain squeezes innovation into juice industry's latest launch

The U.S. is considered the world leader in food and beverages, and product developers like Paul McCain are one of the big reasons why.

McCain's latest breakthrough is expected to influence consumers' nutritional choices for years. In just nine months, McCain, manager of juice development for Tropicana Products, Inc., in Bradenton, Florida, spearheaded the development of the U.S.'s first not-from-concentrate nutritionally enhanced orange juices, the Tropicana Pure Premium Plus line.

The three new orange juices — Tropicana Pure Premium Plus Calcium and Extra Vitamin C; Tropicana Pure Premium Plus Vitamins A, C & E; and Tropicana Pure Premium Plus Fiber — were introduced nationally in February.

"The greatest challenge for our team was researching and finding the best kinds of calcium, fiber and vitamins to blend with our flagship orange juice. Establishing the systems to blend them with no taste trade-offs was also critically important," McCain said.

"Today's consumers are much more aware



Paul McCain

of nutrition and health issues. The potential for disease prevention has kept nutrients such as calcium, the antioxidant vitamins A, C and E and dietary fiber in the spotlight," says McCain.

BCPH names vice president

Lloyd C. Price Jr. has been appointed Vice President of Managed Care and Corporate Development of Bergen Pines County Hospital. "We welcome Mr. Price and the expertise he brings to Bergen Pines County Hospital in this new and exciting era of health care services and their delivery," remarked Bergen County executive William "Pat" Schuber. A graduate of Princeton University with a BS in civil engineering, he received an MBA from Harvard University Graduate School of Business Administration. Price has twenty years of experience positioning health care and Fortune 500 firms for increased market penetration. His areas of expertise include marketing, strategic alliance formation, product management, market planning and business development, strategic analysis and is-

sues management and business process re-engineering.



Lloyd Price

Coalition formed to fight domestic violence

CRAFORD—The County Coalition Confront Domestic Violence has been formed to address the issue of domestic violence through educational programs for county health providers. Under a grant from the Geraldine R. Dodge Foundation, Howard Holtz, M.D., of Saint Barnabas Medical Center has developed a module for emergency health care providers and set up coalitions in each county in the state.

The coalitions will assess need for domestic violence staff trainings and more efficient delivery of services to victims. They will then coordinate trainings and work towards fostering stronger ties between health care providers and community domestic violence programs. The training meets the new Joint Commission on Accreditation of Healthcare Organizations (JCAHO) guidelines.

Lisa Smith, director of Outreach Ser-

vices, at the YWCA of Eastern Union County is the coalition's Chair. Claire Cozzi of the Mental Health Association of Union County and representatives from Elizabeth General Medical Center, St. Elizabeth's Hospital, Rahway Hospital, Muhlenberg Hospital, Union Hospital and the Plainfield Health Center are members of the coalition.

To date, trainings have been completed in two area hospitals and others have been scheduled. A video for future trainings is being made available by Muhlenberg Hospital. The Ad Hoc Coalition will continue to meet to coordinate the provisions of the grant in Union County. A statewide conference on domestic violence will be held in October for all those involved project as well as interested parties involved in emergency services to victims of domestic violence and elder abuse.



College of Saint Elizabeth nursing program receives reaccreditation

On March 14th the National League for Nursing met and reaccredited the Nursing Program at the College of Saint Elizabeth. The program was reaccredited for the full eight years with no interim report required and only a few, to-be-expected, minor recommendations. The reaccreditation came after lengthy preparation and the development of an extensive self-study by Nursing Program faculty and staff, under the leadership of Dr. Janet Lehmann.

Scott Alenick, M.D., of Englewood, a pediatric cardiologist at The Children's Center at Newark Beth Israel, shows one of the pediatric patients a shortcut on the computer. Alenick coordinated getting the equipment, along with various software programs totaling approximately \$4,000, which were donated by dozens of computer companies and individuals throughout the country. The computers help make a youngster's stay at Newark Beth Israel Medical Center a little more enjoyable and less stressful.

Celebrating 25 Years on the Road to Healthier Babies!



Pictured with Devin Knight, the 1995 March of Dimes National Ambassador, is Patricia Clark, a resident of Edison, chief executive officer of Waterford Limousine Service in Newark and a March of Dimes board member. Clark had the chance to visit with Devin Knight during Devin's recent tour of North Jersey. Born critically ill and alive today due to pioneering March of Dimes research, Devin tours the country to raise awareness about the March of Dimes mission.

Head team at new Blue Cross Blue Shield Health Center at Jersey City

NEWARK—Dr. Frances B. Pelliccia, Dr. Marwan Assaleh, and Dr. Laura Marie Saint Martin have joined the physician group practice at the recently opened Blue Cross Blue Shield Health Center at Jersey City.

Dr. Pelliccia, an internist-pediatrician, is serving as medical director of the center. She holds her medical degree from the University of Medicine and Dentistry of N.J., where she also completed her residency.

Dr. Assaleh, a board-certified internal medicine specialist, holds a medical degree from Damascus University, Damascus, Syria. He completed his residency at Atlantic City Medical Center.

Dr. Saint Martin, a board-certified family practitioner, obtained her medical degree from Charles R. Drew Medical School, Los

Angeles, Calif. and completed her residency at Riverside General Hospital, Riverside, California.

"The doctors we have selected to staff the Jersey City center are highly experienced medical professionals," said William J. Ivarino, president of BCBSNJ. "They meet rigorous standards set by our network, ensuring that personal attention and quality care are consistently provided to patients at affordable rates."



Dr. Assaleh



Dr. Saint Martin



Dr. Pelliccia

East Orange General Hospital offers rehab services

EAST ORANGE—The Department of Rehabilitation services at East Orange General Hospital provides a variety of services that will improve the well-being of people of all ages.

Physical therapy will assess and treat individuals with acute and chronic pain, orthopedic disorders, neurological disorders and physical disabilities.

Occupational therapy will improve function and coordination in upper extremities and hands, promote readjustment to activities of daily living and return to work.

Speech-language therapy will improve ability to speak clearly and fluently improve

understanding of what is heard, reduce accents that interfere with listener understanding and reduce vocal strain.

Audiology will test hearing ability to determine extent and type of hearing loss and check the mechanism of hearing and make hearing aid recommendations.

Workman's Compensation will assess effects of injuries in relation to work requirements and will provide a computerized output statement of physical capability and will plan for appropriate rehabilitation.

If you have clients that would benefit from any of the above services, please call us at 201-266-8415 or 266-4581.

Be good to yourself. Have a free breast exam.



TAKE ADVANTAGE OF OUR SPECIAL BREAST CARE EVENT **MAY 13 - MAY 31**

May is Breast Cancer Awareness Month throughout New Jersey. It's the perfect time to do something important for yourself.

FREE BREAST EXAMS

Come to the New Jersey Medical School Doctors Office Center (DOC), an ultra-modern, \$55 million facility on UMDNJ's Newark campus, for a FREE breast exam, and FREE instruction on monthly breast self-examination.

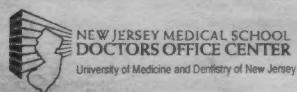
REDUCED-RATE (\$40) MAMMOGRAPHY SCREENINGS

The American Cancer Society recommends a baseline mammogram for every woman at age 40, followed by regular screenings thereafter. If you're age 40 or over and have never had a mammogram, take this opportunity and save! Some women may qualify for a free mammogram...just call for details. Early detection and treatment save lives.

BY APPOINTMENT ONLY!

It's easy to schedule. And easy to get to the DOC. We're near all major highways, with plenty of free parking. Call right now and schedule your free breast exam. You'll be glad you did!

201-982-2879



90 Bergen Street, Newark, New Jersey 07103